



AB900 AIR BIKE

OWNER'S MANUAL

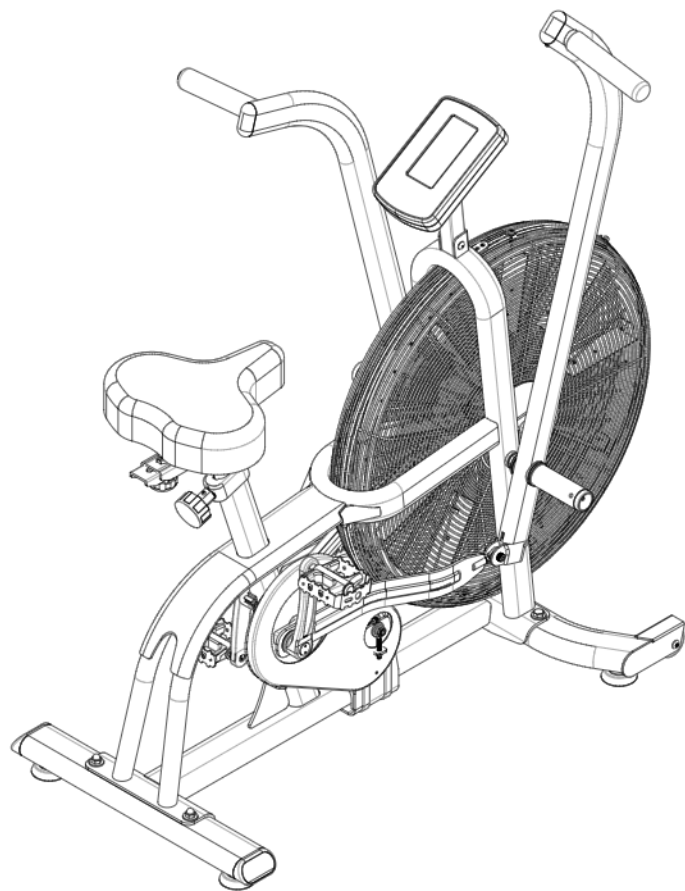


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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.



Congratulations on your new AB900 Air Bike and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality AB900 Air Bike from Spirit Fitness. Your new AB900 was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from Spirit Fitness, the local dealership where you purchased this bike is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

Yours in Health,
Spirit Fitness

NAME OF DEALER _____

DEALER PHONE # _____

PURCHASE DATE _____

IMPORTANT SAFETY INSTRUCTIONS

WARNING

This chapter includes precautions and fitness safeguards for the installation and use of the Air Bike manufactured by SPIRIT FITNESS. Please read this chapter carefully before installing or using your equipment. Safety instructions are provided in the following languages (in the order shown):

- English, Dutch, French, German, Italian, Portuguese, Spanish, Swedish, Chinese, Japanese

USER SAFETY PRECAUTIONS

These safety notes are directed to you as the owner of the Air Bike manufactured by Spirit Fitness. Please train all your users and fitness staff to follow these safety instructions. DO:

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your bike if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

DO NOT:

- Do not let unsupervised children operate the bike
- Do not use without proper athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the flywheel.
- Do not attempt to remove any shrouds or modify the bike.

WARNING:

- Your Air Bike manufactured by Spirit Fitness is designed for aerobic exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when biking.
- Read the owner's manual in its entirety before operating the bike.
- Failure to obey this warning can result in injury or death.

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VOORZORGSMAATREGELEN

Deze veiligheidsaantekeningen zijn aan u gericht als eigenaar van de Air Bike manufactured by Spirit Fitness. Gelieve uw gebruikers en uw personeel voor conditietraining volledig bekend te maken met deze veiligheidsinstructies. Doe het volgende:

- Moedig elk van uw gebruikers aan hun gezondheidsprogramma of conditietherapie met een professioneel uit de gezondheidszorg te bespreken.
- Stop het gebruik van uw bike als u zich duizelig of een flauwte voelt.
- Voer regelmatig preventief onderhoud uit.
- Oefen langzaam totdat u een comfortniveau heeft bereikt.
- Gebruik de bike alleen voor zijn bedoelde gebruik, zoals in deze handleiding staat beschreven.

Doe het volgende NIET:

- Laat kinderen zonder toezicht de bike niet bedienen.
- Niet zonder gymschoenen gebruiken.
- Niet buiten bij regenachtig weer gebruiken, of in dichte ruimte met een zwembad.
- Laat geen enkel voorwerp in de bike vallen en steek uw handen of voeten in geen enkele opening van of onder uw bike.

- Probeer geen omhulsels te verwijderen of uw bike te wijzigen.

WAARSCHUWING:

- Uw Air Bike manufactured by Spirit Fitness is ontworpen voor aërobische oefeningen in een commerciële of gebruiker-somgeving.
- Zie uw arts vóór het beginnen van een oefenprogramma.
- Dwing uzelf niet tot buitensporige oefeningen. Stop als u zich duizelig, uitgeput of een flauwte voelt.
- Lees de gebruikershandleiding helemaal en aandachtig door alvorens uw bike te bedienen.
- Nalaten deze waarschuwing op te volgen kan letsel of overlijden tot gevolg hebben.

PRÉCAUTIONS

Ces consignes de sécurité s'adressent aux propriétaires du Air Bike manufactured by Spirit Fitness. Veuillez instruire tous vos utilisateurs et instructeurs à suivre ces consignes. À FAIRE:

- Encouragez tous les utilisateurs à consulter un médecin au sujet de leur programme de fitness ou régime d'exercice.
- Cessez d'utiliser le bike en cas d'étourdissement ou de faiblesse.
- Exécutez régulièrement la maintenance préventive.
- Commencez l'exercice lentement jusqu'à ce que vous atteignez un niveau confortable.
- Utilisez le bike uniquement de la manière prévue, telle que décrite dans ce manuel.

À ÉVITER:

- Ne laissez pas des enfants utiliser le bike sans surveillance.
- Ne l'utilisez pas sans porter de chaussures d'athlétisme.
- Ne l'utilisez pas en extérieur lors de temps pluvieux, ni en intérieur dans une salle de piscine.
- Évitez de laisser tomber tout objet ou d'introduire les mains ou pieds dans toute ouverture ou en-dessous du bike.
- Ne tentez pas de retirer tout carter de protection ni de modifier le bike.

AVERTISSEMENT:

- Le Air Bike manufactured by Spirit Fitness est conçu pour l'exercice aérobique dans un environnement commercial ou privé.
- Veuillez consulter un médecin avant de commencer tout programme d'exercice.
- Ne vous poussez pas au-delà de vos limites. Arrêtez-vous si vous vous sentez faible, étourdi ou épuisé. Faites preuve de bon sens lorsque vous vous entraînez.
- Lisez le guide de l'utilisateur en entier avant d'utiliser le bike.
- Le non-respect de ces avertissements peut se traduire par des blessures, voire la mort.

VORSICHTSMASSNAHMEN

Die folgenden Vorsichtsmaßnahmen richten sich an Sie als Besitzer des Air Bike manufactured by Spirit Fitness. Bitte schulen Sie alle Ihre Benutzer und Ihr Fitness-Personal in der Beachtung dieser Sicherheitsvorschriften. GEBOTE:

- Legen Sie jedem Ihrer Benutzer nahe, sein Gesundheits- oder Fitnessprogramm mit einem medizinischen Fachmann zu besprechen.
- Beenden Sie den Betrieb Ihres bike, wenn Sie sich schwindelig oder schwach fühlen.
- Führen Sie regelmäßige vorbeugende Wartungsmaßnahmen durch.
- Trainieren Sie langsam, bis Sie eine gewisse Komfortzone erreichen.
- Verwenden Sie den bike nur zum vorgesehenen, in dieser Anleitung beschriebenen Zweck.

VERBOTE:

- Lassen Sie den bike nicht von unbeaufsichtigten Kindern in Betrieb nehmen.
- Benutzen Sie das Gerät nicht ohne Sportschuhe.
- Benutzen Sie das Gerät bei regnerischen Witterungsbedingungen nicht im Freien und nicht in einer geschlossenen Schwimmbadumgebung.

- Lassen Sie keine Gegenstände in irgendwelche Öffnungen oder unter den bike fallen und halten Sie Hände und Füße von diesen Bereichen fern.
- Unternehmen Sie keinen Versuch, irgendwelche Abdeckungen zu entfernen oder den bike zu modifizieren

ACHTUNG:

- Der Air Bike manufactured by Spirit Fitness ist für aerobische Übungen in einer kommerziellen oder Verbrauchenumgebung vorgesehen.
- Bitte holen Sie vor Aufnahme eines jeden Trainingsprogramms den Rat Ihres Arztes ein.
- Trainieren Sie nicht übertrieben hart. Hören Sie auf, wenn Sie ein Schwäche-, Schwindel- oder
- Erschöpfungsgefühl verspüren. Lassen Sie sich beim Schrittraining von Ihrer Vernunft leiten. Lesen Sie vor Inbetriebnahme Ihres bike die Bedienungsanleitung vollständig durch.
- Ein Missachten dieses Achtungshinweises kann Verletzungen oder den Tod zur Folge haben.

PRECAUZIONI

Queste note precauzionali sono dirette a voi, come proprietario dello Air Bike manufactured by Spirit Fitness. Siete pregati di istruire i vostri utenti e il vostro personale all'osservanza di queste precauzioni. **DA FARE:**

- Incoraggiate i vostri utenti a discutere il loro programma di salute o di fitness con uno specialista dell'healthcare.
- Interrompete l'uso dello bike se avete giramenti di testa o se vi sentite mancare.
- Eseguite periodicamente servizi di manutenzione.
- Utilizzate lo bike soltanto per l'uso a cui è destinato, come descritto nel manuale.

DA NON FARE:

- Non consentite a bambini di usare lo bike senza la supervisione di un adulto.
- Non utilizzate lo bike senza scarpe atletiche.
- Non utilizzate lo bike all'esterno in condizioni piovose o in un ambiente con piscina interna.
- Non lasciate cadere oggetti sullo bike e non inserite oggetti, mani o piedi in qualsiasi apertura esterna o sotto lo bike.
- Non cercate di rimuovere le coperture o di modificare lo bike.

AVVERTENZE:

- Lo Air Bike manufactured by Spirit Fitness è stato realizzato per esercizi di aerobica in un ambiente pubblico o privato adeguato.
- Prima di iniziare un programma di esercizio fisico, consultate il vostro medico.
- Non eccedete i vostri limiti. Fermatevi se vi sentite mancare, se avete giramenti di testa o se vi sentite esausti. Usate buon senso nell'utilizzo dell'attrezzatura.
- Leggete il Manuale dell'utente interamente prima di utilizzare lo Spinner.
- La mancata osservanza di queste avvertenze può comportare lesioni gravi o morte.

PRECAUÇÕES

Estas notas de segurança destinam-se a você, proprietário do bike Air Bike manufactured by Spirit Fitness. Treine todos os usuários e o pessoal da academia para que sigam estas instruções de segurança. O QUE FAZER:

- Incentive todos os usuários a discutirem seu programa de saúde ou sistema de condicionamento físico com um profissional da área de saúde.
- Pare o funcionamento do bike se sentir tontura ou vertigem.
- Efetue a manutenção preventiva regular.
- Faça exercícios lentamente até atingir um grau de conforto.
- Use o bike apenas de acordo com a finalidade para que se destina, conforme descrito neste manual.

O QUE NÃO FAZER:

- Não deixe crianças sem supervisão operarem o bike.
- Não use sem os sapatos esportivos apropriados.
- Não utilize em ambientes externos quando o tempo estiver chuvoso, nem em um ambiente fechado de piscina interna.
- Não deixe cair nem insira nenhum objeto, mãos ou pés em qualquer abertura ou sob o bike. Não tente remover nenhum degrau nem modificar seu bike.

ADVERTÊNCIA:

- Seu Air Bike manufactured by Spirit Fitness foi projetado para exercícios aeróbicos em um ambiente comercial ou próprio do consumidor.
- Consulte seu médico antes de começar qualquer programa de exercícios.
- Não se esforce demais. Pare se sentir tontura, vertigem ou exaustão. Tenha bom senso ao fazer o exercício. Leia todo o Manual do Proprietário antes de operar o seu bike.
- Deixar de observar esta advertência pode resultar em ferimentos ou morte.

PRECAUCIONES

Estas notas de seguridad están dirigidas a usted como el dueño de Air Bike manufactured by Spirit Fitness. Por favor instruya a todos sus usuarios y personal de entrenamiento para que sigan estas instrucciones de seguridad. **LO QUE SE DEBE HACER:**

- Dígale a cada uno de sus usuarios que discuta su programa de salud o régimen de ejercicio con un profesional de la salud.
- Deje de operar su bike si se siente mareado o como que va a desmayarse.
- Lleve a cabo mantenimiento preventivo a intervalos regulares.
- Haga ejercicio lentamente hasta que alcance un nivel en el que se sienta cómodo.
- Utilice el bike solamente para lo que fue diseñado, como se describe en este manual.

LO QUE NO SE DEBE HACER:

- No permita que los niños operen su bike sin supervisión.
- No lo use sin zapatos atléticos.
- No lo utilice afuera en la lluvia ni en un ambiente cerrado donde haya una piscina.

- No lo deje caer ni inserte objetos. manos o pies en ninguna apertura de su bike ni debajo de él.
- No intente quitar ninguna cubierta o recubrimiento ni modificar su bike.

ADVERTENCIA:

- Su Air Bike manufactured by Spirit Fitness está diseñado para el ejercicio aeróbico en un ambiente comercial o de consumo.
- Por favor consulte con su médico antes de iniciar cualquier programa de ejercicio.
- No haga un esfuerzo excesivo. Deténgase si se siente mareado, exhausto o como si fuera a desmayarse. Use su sentido común al hacer ejercicio.
- Lea completamente el Manual del dueño antes de operar su Spinner.
- El no cumplir con esta advertencia puede resultar en una lesión o en la muerte.

FÖRSIKTIGHETSÅTGÄRDER

Dessa säkerhetsanmärkningar är riktade till dig i egenskap av ägare av Air Bike manufactured by Spirit Fitness. Var god utbilda alla användare och all personal att följa dessa säkerhetsanvisningar.

MAN SKA:

- Uppmuntra alla användare att konsultera sitt hälso-program eller sin träningsregim med en läkare.
- Sluta använda bike om man känner sig yr eller svim-färdig.
- Utföra regelbundet underhåll i förebyggande syfte.
- Motionera långsamt tills man når en komfortnivå.
- Endast använda bike för dess avsedda användning, enligt beskrivning i denna handbok.

MAN SKA INTE:

- Låta barn använda bike utan uppsikt.
- Använda bike utan sportskor.
- Använda bike utomhus i fuktigt väder eller i ett innes-lutet bassängområde.
- Tappa in eller föra in något föremål, händer eller fötter i någon öppning, eller under bike.
- Försöka att avlägsna några skyddskåpor eller att modifiera bike.

VARNINGAR:

- Din Air Bike manufactured by Spirit Fitness är avsedd för aerobisk träning i kommersiella eller konsumentinriktade miljöer.
- Konsultera din läkare innan du inleder något träningsprogram.
- Driv inte dig själv för hårt. Sluta om du känner dig yr, svimfärdig eller utmattad. Använd Spinner med sunt förnuft. Läs igenom hela handboken innan du använder Spinner.
- Underlåtelse att iaktta dessa varningar kan medföra skada eller dödsfall.

注意事項

下述安全說明適用於您所擁有的由Spirit Fitness製造之風扇健身車。請培訓所有使用者與健身人員遵守下述安全說明。遵守事項：

- 鼓勵您的每個使用者在使用此健身車前，與專業的醫療保健專業人員討論他們的健康計劃或健身方案。
- 如果您感到頭暈或虛弱，請停止使用此健身車。
- 請定期進行預防性維護。
- 請緩慢且循序漸進使用此健身車，直至達到舒適程度。

禁止事項：

- 請勿讓無人監管的兒童操作此健身車。
- 請勿在沒有穿著合適的運動鞋的狀況下使用此健身車。
- 請勿在戶外陰雨天氣或封閉的泳池環境中使用此健身車。
- 請勿讓任何物體、手或腳掉入或插入任何開口或飛輪區域內。
- 請勿嘗試拆除任何鏈蓋或修改健身車。

警告：

- 您所擁有的由Spirit Fitness製造之風扇健身車，專為商業或消費環境中的有氧運動而設計。
- 在開始任何鍛煉計劃之前，請諮詢您的醫生。
- 請勿讓自己運動過量。如果你感到昏厥，頭暈或疲憊，請停止使用。使用此健身車時要運用一般常識。
- 在使用此健身車之前，請完整閱讀使用者手冊。
- 不遵守上述警告可能導致人身傷害或死亡。

注意事項

これらの安全に関する注意事項は、SPIRIT FITNESS社が製造したAIR BIKEのオーナーとしてお客様に向け示されています。これらの安全に関する指示や注意事項に従うように、すべてのユーザーやフィットネススタッフをトレーニングしてください。DO（行ってください）：

- 各ユーザーが各自の健康プログラムやフィットネスプログラムについて、必ず医療従事者や専門家と相談する事を強く奨励します。
- 使用前、使用中にめまいや気分が悪いと感じた場合は、直ちにバイクの使用をやめてエクササイズを中止してください。
- エクササイズバイクの定期的な予防メンテナンスを行ってください。
- 行っているエクササイズが快適に感じるまではゆっくりと運動してください。

DO NOT（行わないでください）：

- 監督なしでの子供の自転車使用を禁止してください。
- 適切な運動靴なしで使用しないでください。
- 雨天時の屋外や屋内プールでの使用は避けてください。

- フライホイールの開口部やその付近に物、手、足、指等を落としたり、入れたり、触れたりしないようにしてください。
- カバーや覆いを取り外したり、このエクササイズバイクを改造しないでください。

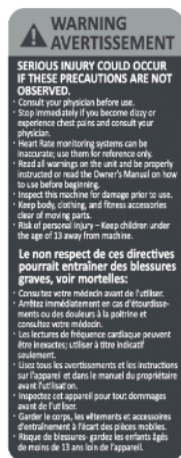
警告：

- このAir BikeはSpirit Fitness社によって製造された、業務使用目的または個人使用目的の有酸素運動用に設計されたエクササイズバイクです。
- エクササイズプログラムを始める前に必ず医師にユーザー自身の健康状態を相談してください。
- 自分自身のレベルを超えた過度なエクササイズは避けてください。わずかでも、体調不良やめまいを感じたり、疲労を感じた場合は直ちにエクササイズを中止して、使用を止めてください。エクササイズバイクの使用には適切な常識を適用する事をお勧めいたします。
- エクササイズバイクを使用する前に、取扱説明書すべてを読み理解してください。
- この警告に従わない場合は、重篤な事故、怪我や死亡に繋がる可能性があります。

WARNING LABELS AND COMMUNICATION STICKERS

The following pages show examples of Spirit® Fitness warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged contact your local dealer or distributor for a replacement. *NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE.*

EXERCISE WARNING DECAL



SERIAL NUMBER DECAL



CALIFORNIA PROP 65 WARNING DECAL (For US model only)



SAFEGUARDS

The following fitness safeguards and operating precautions are directed to purchasers and users of the Air Bike. Club Managers should ensure that members and fitness staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

- Ensure that the seat height adjustment knobs is properly secured and do not interfere with range of motion during exercise.
- Children under the age of 16 should not ride the bike. The bike mechanism and ergonomics are designed for adult use only.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike.
- The maximum weight for individuals riding the bike should not exceed 350 pounds (159 kilograms).
- Do not dismount the bike until both the pedals and the moving arms have stopped completely. Failure to comply may lead to loss of control and serious injury.
- If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the bike.
- Listen to your body, ride at a pace that feels right for you.
- Keep children and pets away from the bike whenever it's in use.
- Never turn the pedal crank arms by hand.
- Stay hydrated. Drink water throughout your ride as needed.
- Stay in control by executing all movements at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position.
- Do not exercise at high speeds and intensity without having initially established a baseline fitness level and obtaining a medical clearance from your physician. Focus on form, posture and establishing a controllable pace before attempting any high intensity short duration sprints.
- Do not use the bike without proper footwear. Never operate the bike with bare feet.
- Never place your feet in any position on the bike other than the pedals or the stationary foot platforms on the sides of the flywheel cage. Do Not extend your legs out to the side, in the movement path of the pedals and movable arms, while the bike is in motion to avoid injury.

WARNING

This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov

RECORD YOUR SERIAL NUMBER

Please record the serial number of this fitness product in the space provided below (serial number is located on the center floor tube behind the crank).

Serial Number:

REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to Spirit Fitness. You can also go to <https://www.spiritfitness.com/commercialwarrantyregistration.html> under the Support tab to register online.

AB900 PRE-ASSEMBLY

Use the following procedures to unpack and assemble your Air Bike manufactured by Spirit Fitness:

1. Position the shipping carton so the Heavy End is located at the bottom.
2. Cut the straps then lift the box over the unit and unpack. Remove all parts from the shipping carton and foam inserts, and verify that all parts are included in your shipment:
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

NOTE: All tools required to assemble the bike are included within the packaging, except for a Rubber Mallet, which is recommended when assembling the pedals onto the bike.

NOTE: If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any operational questions, please call your local Spirit Fitness's Service department or the distributor whom sold you the product. Please see the back of the manual for a listing of international corporate offices and locate the office nearest you. Have your serial number ready.

CAUTION: Damage to the bike during assembly is not covered as part of the limited Spirit Fitness warranty. Take care not to drop or lean the bike on its side. Carefully stand the bike up in the normal upright position on a stable surface so it will not tip over during assembly.

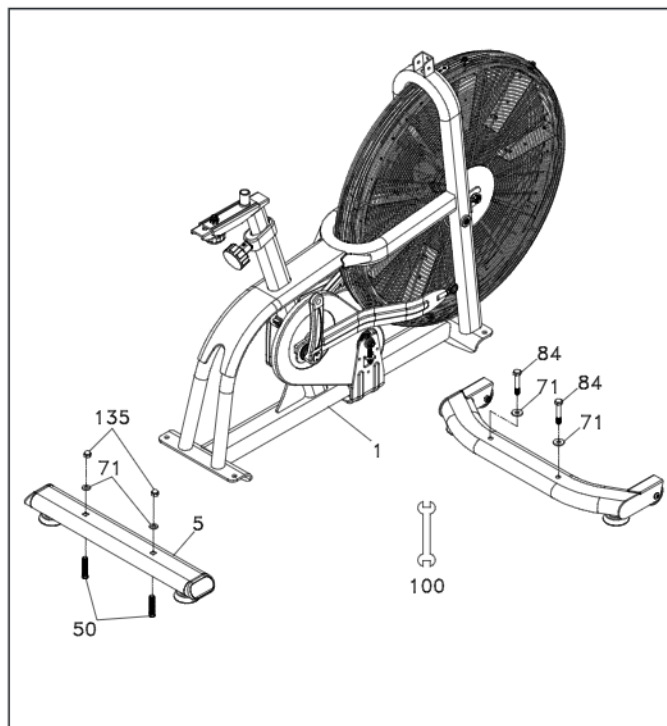
Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

AB900 PRE-ASSEMBLY

TOOLS NEEDED:

- ☐ #94. 10mm Wrench (1 pc)
- ☐ #95. 22mm Wrench (1 pc)
- ☐ #100. 14/15mm Wrench (1 pc)
- ☐ #93. Phillips Head Screw driver (1 pc)
- ☐ #126. M4 L Allen Wrench (1 pc)

AB900 STEP ONE

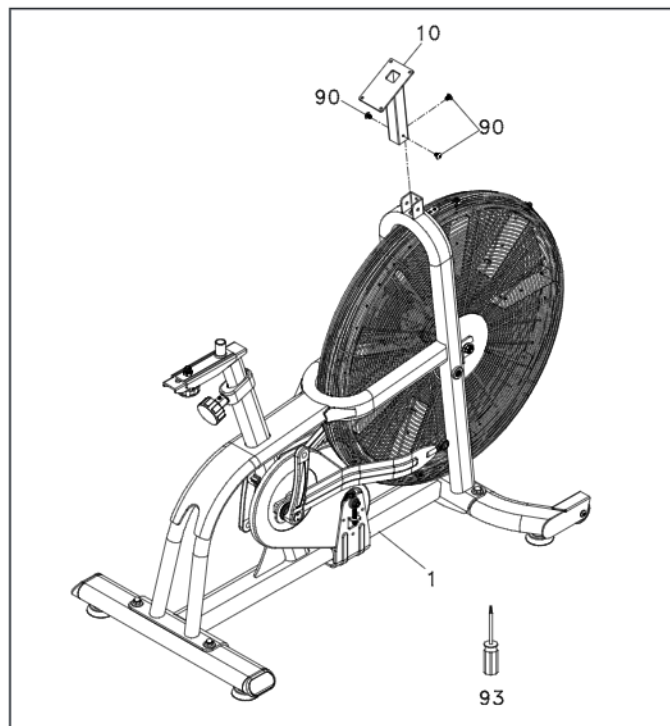


HARDWARE FOR STEP 1

PART	TYPE	DESCRIPTION	QTY
50	CARRIAGE BOLT	3/8" x 53mm	2
71	FLAT WASHER	3/8" x 25 x 2T	4
84	HEX HEAD BOLT	3/8" x 2-1/4"	2
135	CAP NUT	3/8"	2

1. Use a **WRENCH (100)** to fasten the **FRONT STABILIZER (2)** onto the **MAIN FRAME (1)** with two sets of **HEX HEAD BOLTS (84)** and **FLAT WASHERS (71)**.
2. Use a **WRENCH (100)** to fasten the **REAR STABILIZER (5)** onto the **MAIN FRAME (1)** with two sets of **CARRIAGE BOLTS (50)**, **FLAT WASHERS (71)**, and **CAP NUTS (135)**.

AB900 STEP TWO

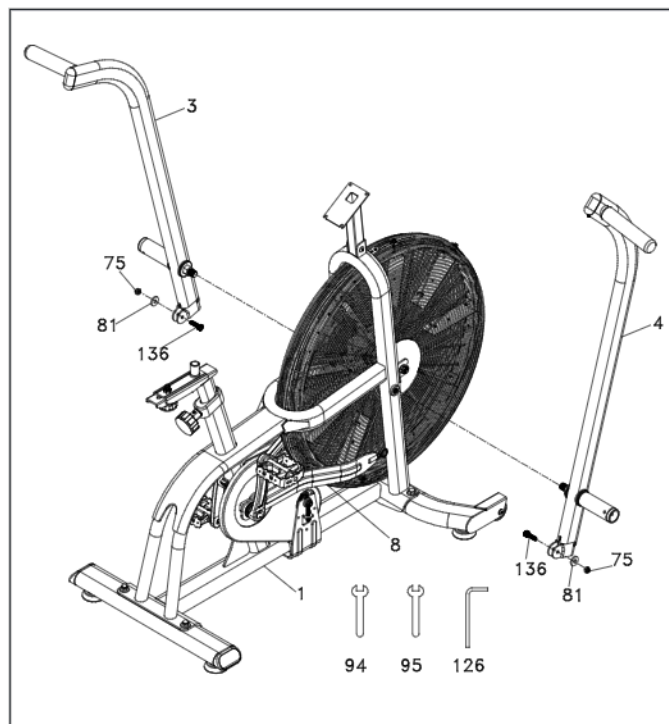


HARDWARE FOR STEP 2

PART	TYPE	DESCRIPTION	QTY
90	PHILLIPS HEAD SCREW	M6 x 10MM	3

1. Insert the **CABLE (23)** through the hole of the **CONSOLE BASE (10)** carefully.
2. Use a **SCREW DRIVER (93)** to fasten the **CONSOLE BASE (10)** onto the **MAIN FRAME (1)** with three **PHILLIPS HEAD SCREWS (90)**.

AB900 STEP THREE

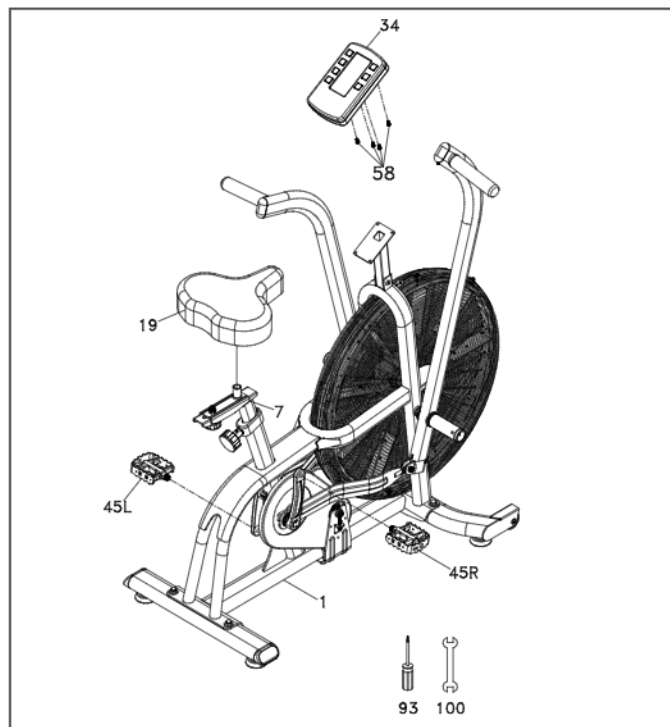


HARDWARE FOR STEP 3

PART	TYPE	DESCRIPTION	QTY
75	NYLOC NUT	M6 x 6T	2
81	FLAT WASHER	5/16" x 20 x 3T	2
136	SHOULDER BOLT	M8 x 20mm	2
148	STAR WASHER	Ø16.7 x 2.5T	2

1. Insert one **STAR WASHER (148)** on the **LEFT HANDLEBAR (3)** and **RIGHT HANDLEBAR (4)** before fasten them onto the **MAIN FRAME (1)** with a **WRENCH (95)**.
2. Attach the **LEFT HANDLEBAR (3)** and **RIGHT HANDLEBAR (4)** with **ROCKER LINKS (8)** on both sides of the main frame with two sets of **BOLTS (136)**, **ROD END BEARINGS (64)**, **FLAT WASHERS (81)**, **NYLOC NUTS (75)**.
3. Use a **WRENCH (94)** and a **ALLEN WRENCH (126)** to fasten all bolts and washers.

AB900 STEP FOUR



HARDWARE FOR STEP 4

PART	TYPE	DESCRIPTION	QTY
58	PHILLIPS HEAD SCREW	M5 x 12mm	4
90	PHILLIPS HEAD SCREW	M6 x 10mm	2

1. Connect the **CABLE (23)** to the console set (34) carefully.
2. Use a **SCREW DRIVER (93)** to fasten the **CONSOLE SET (34)** onto the **CONSOLE BASE (10)** with four **SCREWS (58)**.
3. Use a **WRENCH (100)** to fasten the **LEFT PEDAL (45L)** onto the **LEFT CRANK ARM (16L)** and **RIGHT PEDAL (45R)** onto the **RIGHT CRANK ARM (16R)** respectively.
4. Use a **WRENCH (100)** to fasten the **SEAT (19)** onto the **SLIDING SEAT MOUNT (7)**.
5. Use a **SCREW DRIVER (93)** to fasten the **LEFT CONNECTING ARM COVER (144)** onto the **LEFT HANDLEBAR (3)** with one **PHILLIPS HEAD SCREW (90)**.
6. Use a **SCREW DRIVER (93)** to fasten the **RIGHT CONNECTING ARM COVER (143)** onto the **RIGHT HANDLEBAR (4)** with one **PHILLIPS HEAD SCREW (90)**.

TESTING THE BIKE

Use this checklist to perform the bike test procedure.

- ☐ Recheck all the bolts and make sure they are all tightened to the proper torque specification (if indicated) and no parts are missing.
- ☐ Test the seat post to make sure they move freely and you are able to lock in at different positions.
- ☐ Check the seat to make sure it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- ☐ Test the seats horizontal adjustment for movement front to rear and check it by settings it at different settings.
- ☐ Adjust seat post to your needs (Refer to page 27). Ride/test the bike for proper operation according to this owner's manual.

CAUTION: The movement arms move whenever the pedals are turning. Do not dismount the bike until the pedals and movement arms come to a complete stop.

- ☐ Pedal the bike at a moderate pace and test for proper and smooth movement of the pedals and arms.
- ☐ When the testing is complete, even the movement arms, and tip the bike forward using the arms and roll it on a smooth surface to the final location and adjust the leveling feet so the bike is stable.

INSTRUCTIONS

Your Air Bike is easy to use. There are no resistance knobs to adjust as the resistance comes from the isokenetic resistance created by the movement of air with the fan-shaped flywheel. Control over the resistance is obtained by simply varying the pace of pedaling and of the push / pull on the movement arms. Typically, exercising at a slower pace generates a lower resistance from the flywheel, enabling a cardiovascular endurance workout that can be sustained for extended periods of time. Higher pace exercise involving faster pedaling and more forceful pushing / pulling on the movement arms creates a greater resistance level that will deliver a greater muscle endurance or anaerobic workout. Anaerobic exercise and High Intensity Interval Training (HIIT) are much more strenuous forms of exercise that should only be undertaken by users that have established a baseline fitness level capable of adapting to this form of exercise. Users are also encouraged to discuss their health program or fitness regimen with their healthcare professional.

Additionally, the bike can be operated with only the use of the movement arms for an upper-body-only workout. The front foot pegs, located on either side of the flywheel are to be used when exercising only with the movement arms. Position feet securely on these platforms while pushing / pulling on the movement arms.

NOTE: that the pedals will continue to rotate when the bike is used with the movement arms only. Be certain to maintain feet on the front foot platforms when exercising with the movement arms only so that feet stay clear of the rotating pedals.

SEAT ADJUSTMENTS

Proper bike setup gives you a more comfortable ride and reduces your risk of injury. To adjust the seat height:

Dismount the bike. Loosen and pull out on the seat height pop-pin to release it from its current preset location, while holding the seat with one hand. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole.

SEAT HEIGHT

At the proper height, there should be a slight bend in your knee when you're at the bottom of a pedal stroke. (Figure 1)

FIGURE 1

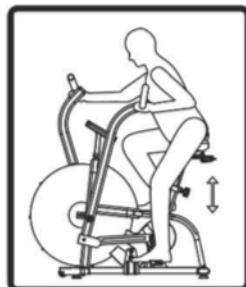


FIGURE 2

FORE/AFT POSITION

Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower. (Figure 2)



TRAINING INFORMATION

BEFORE BEGINNING

Be sure the seat is adjusted for your body size and comfort before beginning your workout. Consult your physician before beginning this or any other exercise routine. Discontinue any exercise that causes you discomfort and consult a medical expert.

WARM-UP

Once you are in position and sitting on the bike with your hands in a comfortable position on the movement arms, slowly begin pedaling, while pushing / pulling on the arms. A gradual warm-up prepares the muscles and cardiovascular system for a more intense workout, and helps prevent potential injuries from occurring. Your warm-up should be sufficient once your breathing rate begins to increase and you begin to perspire lightly. The warm-up period should last about five minutes.

WORK OUT

A brisk and rhythmic workout will train the muscles and cardiovascular system to perform at a higher efficiency. The key is to exercise aerobically; typically at 60% – 80% of your maximum heart rate.

COOL-DOWN

Slow and relaxed activity after a workout allows the muscles and cardiovascular system to gradually return to a resting level.

DISMOUNTING BIKE

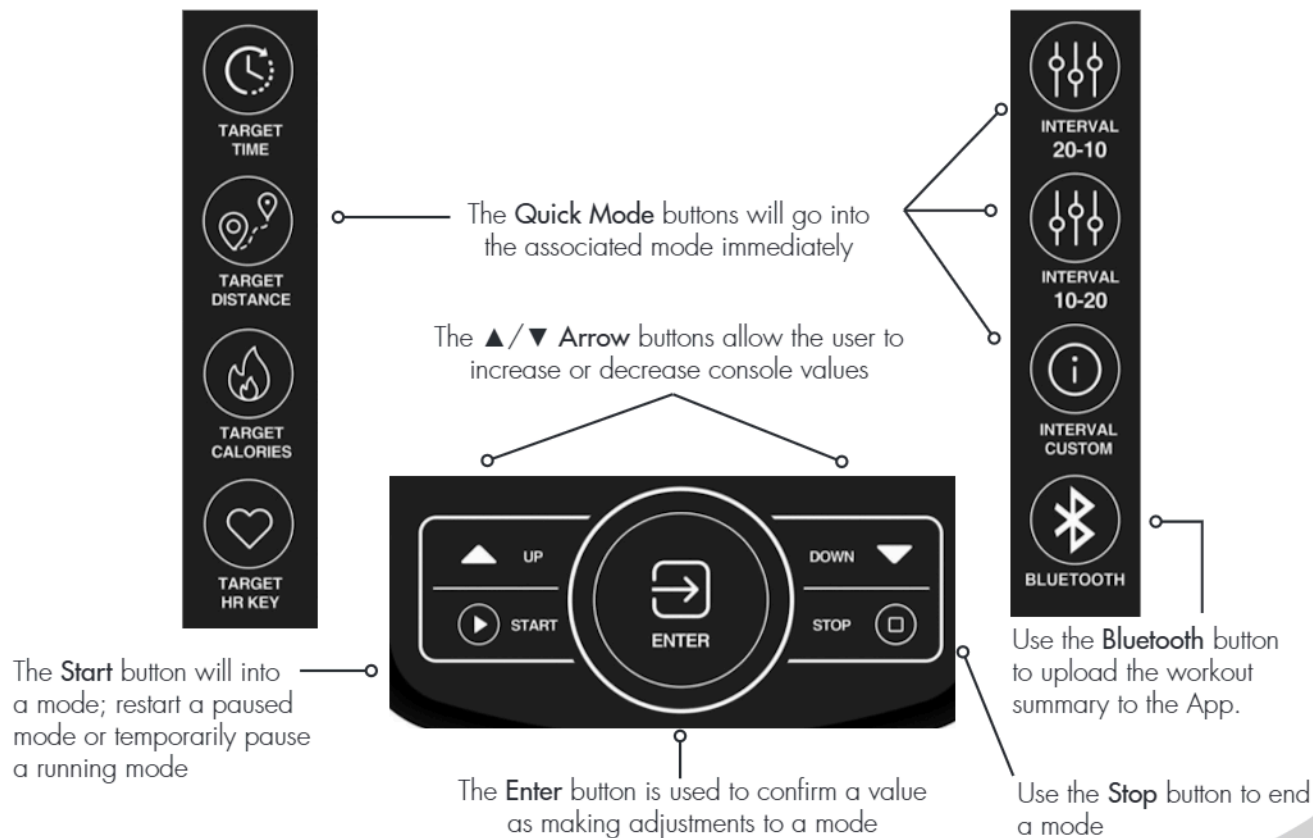
WARNING: DO NOT DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE MOVEMENT ARMS HAVE STOPPED COMPLETELY. Failure to comply may lead to loss of control and serious personal injury.



AB900 CONSOLE OPERATION



CONSOLE BUTTONS



INTERVAL DISPLAY

The **Interval Display Panel** will show all details for the **Interval 20/10**, **Interval 10/20** and **Interval Custom** mode.

In upper banner will tell which interval mode is operating. This display will instruct whether the current operating interval is in **WORK** or **REST** period.

The **TOTAL TIME** launch will show the total run time while the large numeric display will show the **WORK** or **REST** segment time.

The 88/88 will show the current interval and the total number of intervals.



TARGET TIME, DISTANCE & CALORIES DISPLAY

The **Target Display Panel** will show **Time**, **Distance** and **Calories**. As any of the target symbol is appears means that target mode is operating.

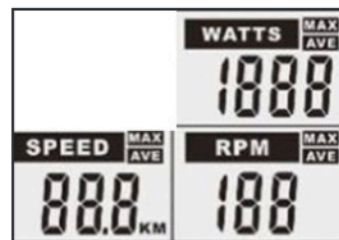
The **TIME** will alternate show the remain or elapsed time. The **DISTANCE** will countdown in miles or kilometers depending upon the initial console setup. The **CALORIES** will countdown the number of calories burned during workout.



WATTS, SPEED & RPM DISPLAY

Watts, **Speed** and **RPM** will be displayed during all modes. The watts will show the amount of work produced in a particular time during workout.

The speed will show the value which is derivative from the RPM or pedal speed. The value will show in miles or kilometers depending upon the initial console setup. RPM (revolutions-per-minute) is the speed of the spinning cranks.



HEART RATE DISPLAY

This panel will show every user's heart rate relating information.

When console detected a signal from the wireless monitor, the BPM (beats-per-minute) will show in the large three-digit field and the heart icon will flash. However, if console is not detected any signal, it will show – in that field.



When the target heart rate mode is operating, the console helps the user maintain in a BPM range to build cardiovascular endurance. The target value range will post next to the 65% of Max HR and 85% of Max HR banners. The ▲ or ▼ symbol will flash to tell that an increased or decreased pedal speed is needed to reach the desired range. When the user's heart rate is in the target range, the Target Heart Rate Achieved banner will light.

CONSOLE SETUP

BATTERY INSTALLATION

The console operates on 4*AA batteries (not included). The battery compartment is on the back side of the console.

SETTING METRIC & IMPERIAL UNITS – SETUP MODE

The default setting is in Imperial Units (mph). In the **Ready Mode** press and hold the **Start** and **Enter** buttons for two (2) seconds until KM or M is flashing, pressing ▲ or ▼ to select metric (KM) or imperial (M) units, and then press **Enter** to confirm.

PROGRAMMING

SLEEP MODE

After 60 seconds of inactivity, the console will switch into the power-saving Sleep Mode. The display will switch off. Rotating the pedals or pressing any button on the console will launch the Ready Mode.

READY MODE

The Ready Mode informs the user that the console is powered on and ready to enter into any mode. After a period of 60 seconds of inactivity the console will switch into the Sleep Mode.

PAUSE MODE

During any mode of operation, pressing the **Start** button will launch the Pause Mode for 5 minutes. The console will beep every 30 seconds and the display will flash, to remind that the console is in Pause Mode. If there is no activity within the 5 minute period of Pause Mode, the console will switch into Ready Mode.

To exit the Pause Mode and continue the current program, press the **Start** button. To quit the paused program at any time, press the **Stop** button to launch the Ready Mode.

WORKOUT SUMMARY

The console provides a brief workout summary after completed the workout. Data displayed includes: Total Time, Total Distance and Total Watts.

RESET PROCESS

To reset all saved settings (except the metric or imperial units setting), press and hold **Stop** button for 2 seconds.

CONSOLE PROGRAMS

QUICK START

The Quick Start Mode automatically begins displaying workout information as soon as pedalling begins. No programs run during Quick Start. The console will show up all data, including Heart Rate (if a heart rate chest strap is detected). Quick Start will end once pedalling is stopped. Pressing the **Stop** button will end the Quick Start Mode and display the workout summary.

INTERVAL 20/10 & 10/20 MODE

The Interval Mode provides a series of 8 workout intervals with preset time segments. This training method is known as Tabata® or High Intensity Interval Training (H.I.I.T.). The Interval Mode will indicate the start of each work/rest period of each interval.

20/10	10/20
Number of Intervals: 8 Work - Interval Length: 20sec Rest - Interval Length: 10sec	Number of Intervals: 8 Work - Interval Length: 10sec Rest - Interval Length: 20sec

Launch: Press the **Interval 10/20** or **20/10** button.

Start: The interval begins with a countdown starting from three, informing the start each work interval

End: The Interval Mode will end immediately after the last segment of the 8th interval. Pressing the **Stop** button at any time will also end the Interval Mode. The workout summary will be shown after the Interval Mode has ended or the **Stop** button has been pressed.

CUSTOM INTERVAL MODE

Interval Custom Mode allows the length of the work/rest segments to be customized as well as the total number of intervals.

Launch: Press the **Interval Custom Mode** button.

Setup: When operating the Interval Custom Mode (after the console has been reset), user will enter the total amount of intervals, and work/rest time interval. Adjust the value by pressing ▲ or ▼ buttons, then pressing the **Enter** button to confirm for each setting.

Start: The interval begins with a countdown starting from three, informing the start each work interval.

End: The Custom Interval Mode will end immediately after the last segment of the final interval. Pressing the **Stop** key at any time will also end the Interval Mode. The workout summary will be shown after the Custom Interval Mode has ended or the **Stop** button has been pressed.

TARGET TIME, DISTANCE, CALORIES MODE

Target Time, Target Distance and Target Calories Mode allows the target goal of each value to be customized.

Launch: Press the desired **Target** button (TIME, DISTANCE, CALORIES).

Setup: When operating a Target Mode (after the console has been reset), user will enter the target value. Adjust the value by pressing ▲ or ▼ buttons, then pressing the **Enter** button to confirm the setting. If no value has been entered, the console will use the last setting as the Target value on each mode.

Start: Each mode display field will light up and begin to showing as following: *For the TARGET TIME MODE the time target will begin to countdown. For the TARGET DISTANCE MODE the distance will begin calculating. For the TARGET CALORIES MODE the calories will begin calculating.*

End: The mode will end when the Target Mode is achieved. Pressing the **Stop** button at any time will also end the Target Mode. The workout summary will be shown after the Target Mode has ended or the **Stop** button has been pressed.

TARGET HEART RATE MODE

The Target Heart Rate Mode allows the maximum beats per minute (BPM) target to be customized to maximize cardiovascular training, according to the user's age. The Heart Rate Mode calculates the maximum heart rate value to optimize the training target between 65% - 85% of users calculated or theoretical maximum heart rate.

Launch: Press the **Target Heart Rate Mode** button.

Setup: When operating a Target Mode (after the console has been reset), the user enters their age. Adjust the value by pressing **▲** or **▼** buttons, then pressing the **Enter** button to confirm.

Start: The display field will light up and begin to display heart rate and progress toward cardiovascular goal. When the users heart rate is lower than 65% of the calculated maximum HR range, the 65% display will flash indicating minimum goal has not yet been achieved. When the users heart rate is over 85% of the calculated of maximum HR range, the 85% display will flash indicating heart rate is over maximum goal.

End: The mode will end when the user stops pedaling. Pressing the **Stop** button at any time will also end the Target Mode. The workout summary will be shown after the Target Mode has ended or the **Stop** button has been pressed.

BLUETOOTH

The Bluetooth function will only connect when the console is in the Stop Mode. When the console is in Stop Mode, press the **Bluetooth** button. The Bluetooth symbol will flash on the display. Connect to the console through the Bluetooth function on your device. After a positive connection, the workout summary will upload to the APP.

ENGINEERING MODE

Press **Start** and **Enter** buttons for 2 seconds to enter Engineering Mode. The console will also beep for 1 second. DISTANCE banner will blink first. Press ▲ or ▼ button to select setting section.
(DISTANCE → Sound → odo → DISTANCE)

While in Engineering Mode if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the **Reset** button twice will exit the Engineering Mode. The console will not erase the setting value or ODO value under RESET mode. However, removing the batteries will make the console return to original factory settings and the ODO value will turn zero.

METRIC/IMPERIAL

- Under Engineering Mode of the DISTANCE setting, the DISTANCE banner will blink. Press **Enter** to get into.
 - After pressing **Enter**, M or KM will blink.
 - If the console is on Imperial system, the M sign will blink.
 - If the console is on Metric system, the KM sign will blink.
- Press ▲ or ▼ button to select Imperial or Metric units. Press **Enter** to confirm and the console will return to Engineering mode.
- While in this setting if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the **Reset** button twice will exit the Engineering Mode.

AUDIO ON/OFF

- Under Engineering Mode of the Audio ON/OFF setting. The SOUND sign will blink. Press **Enter** to get into.
- After pressing **Enter**, the console will display "ON" or "OFF"
 - If the audio is on, the "ON" sign will blink.
 - If the audio is off, the "OFF" sign will blink.
- Press **Enter** to confirm and the console will return to Engineering Mode.
- While in this setting if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the **Reset** button twice will exit the Engineering Mode.

ODO

- Under Engineering Mode of the ODO setting. The ODO sign will blink. Press **Enter** to get into.
- When exercise time over 1:59:59, the LCD will display "H" sign.
- When exercise distance over 99.99, the LCD will display KM or ML and the number will not have the decimals.
- Press **UP or Down** to switch to other Engineering mode.
- While in this setting if there is no activity for 30 seconds, the console will switch STANDBY Mode. Pressing the **Reset** button twice will exit the Engineering Mode.

GENERAL MAINTENANCE

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into: Daily, Weekly, & Monthly activities. Details on each activity can be found in the "Maintenance" section of this document.

TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, Spirit Fitness recommends having the tools listed (Fig. 1) available when performing maintenance.

FIGURE 1

TOOLS	PURPOSE
Crank Puller	Removing cranks and pedals
Metric Allen (Hex Key) Wrench Set	Tightening or removing various Allen head screws throughout the product.
Metric Sockets Set	Tightening or removing various hex nuts used throughout the product.
Metric Open Wrench Set	Tightening or removing various hex nuts used throughout the product.
Square Drive Ratched Wrenches	To use in conjunction with Allen head and or hex socket sets.
Torque Wrench	Tightening various critical bolts throughout the product to specific torque specifications.
Phillips Head Screwdriver Set	Tightening or removing various Phillips head screws used throughout the product.
Flat Head Screwdriver Set	Prying off specific shrouds from wedged locations.

MOVING & LEVELING

To move the bike to a new location: Lift the bike from the rear and use the front wheels (located on the front leg, below the handlebar) to roll the bike from one location to another.

To level the bike: Use the four leveling adjusters (located on the underside of the front and rear legs) to compensate for uneven floor surfaces.

PREVENTIVE MAINTENANCE

Perform regular scheduled preventive maintenance procedures to maintain your Air Bike bike in serviceable condition.

DAILY MAINTENANCE

The life of your product will be determined by how consistently you perform the daily maintenance procedures. Dry the Air Bike after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner diluted with water.

Wipe Down/Cleaning: To prevent the build-up of rust and other forms of corrosion, wipe down the bike at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give attention to the following areas:

- Handgrips
- Seat / adjustable slide for the seat
- Back leg assembly
- Guard
- Poppins
- Leveling feet

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bike.

WEEKLY MAINTENANCE

Weekly maintenance should focus on the overall performance of the bike. During these inspections, look for vibration and possible loose assemblies. Have an experienced rider ride each bike to identify and help diagnose any vibration, noises, and any “unusual” feeling from the drive belt. Either faulty flywheel alignment or a loose belt can cause vibration. Check for proper flywheel alignment. Torque flywheel nuts as necessary. Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:

- Tighten all frame base hardware.
- Tighten all pop-pin handles.
- Tighten seat hardware.

MONTHLY MAINTENANCE

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the Spinner indoor cycling bike in addition to the weekly maintenance.

INSPECTION AND ADJUSTMENT

Inspect the frame and main assembly components for rust or corrosion. Tilt the bike or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, pop pin handles and other bolt assemblies. Give particular attention to the following areas:

- Leveling feet
- Pop pin handles

Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:

- Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
- Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
- Tighten seat hardware.
- Leveling feet.

FRAME CARE

It is recommended that the frame on the bike is sealed from sweat impurities that may speed the corrosion process at least once a month.

Cleaning: Using a clean terry cloth that is dampened in 30 parts water to 1 part non-abrasive detergent or car wash soap rub over the frame of the product.

Wash/Dry: Dampen a clean terry cloth in an only water solution to wipe away any soap residue. Using a second clean and dry terry cloth; dry off any liquid residue.

Sealing: The frame can be sealed by applying a wax or polishing coat that can help repel away liquids like human perspiration. Apply the wax or polish per the manufacturer's instructions for best results.

PARTS REPLACEMENT

Depending on the use and maintenance of the product, certain items may need to be replaced upon inspection due to wear. These can be identified during scheduled inspections as described in the Preventative Maintenance section of this owner's manual beginning on page 43.

AB900 AIR BIKE WARRANTY EFFECTIVE OCTOBER 1, 2018

Spirit Fitness warrants all its fitness bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components.

Warranty	Frame	Console	Parts	Labor
Commercial	5 Years	2 Years	2 Years	1 Year
Residential	5 Years	2 Years	2 Years	1 Year

NORMAL RESPONSIBILITIES OF THE CONSUMER

The consumer is responsible for the items listed below:

- Proper use of the fitness equipment in accordance with the instructions provided in this manual
- Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
- Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house or facility wiring.
- Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.
- Damages to the fitness equipment finish during shipping, installation or following installation.
- Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, or for fitness equipment not requiring component replacement.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product used in prisons and correctional facilities

CUSTOMER SUPPORT

If any items need replacement contact the Spirit Fitness Customer Support Department at (870) 935-1107 (Local) or (800) 258-8511. For international customers, please contact your local distributor.

SERVICE

- Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state within the United States. Service under this warranty must be obtained by following these steps, in order:
- Contact your selling authorized Spirit Fitness dealer. OR
- Contact your local authorized Spirit Fitness service organization.
- If there is a question as to where to obtain service, contact our service department at (870) 935-1107. For international customers, please contact your local distributor.
- Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
- The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. **DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER.** All units arriving without a return authorization number will be refused.
- For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Fitness
3000 Nestle Rd.
Jonesboro, AR 72401

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Manufacturing, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

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NOTES

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AB900 Owners Manual
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